

# Tender Times

*"The newsletter for USS Frank Cable (AS 40) crewmembers and their families."*



## 4th Quarter 2010

**SANTA RITA, GUAM (August 20, 2010)** Master Chief Petty Officer of the Navy (MCPON) Rick D. West visited USS Frank Cable (AS 40) Thursday to tour the ship and discuss the Military Sealift Command (MSC) conversion. West also held an all-hands briefing Friday morning at Naval Station Guam's base theater.

## MCPON VISITS FRANK CABLE

*Story by Mass Communication Specialist Seaman Corey Hensley*

During West's visit, Sailors got a chance to meet the MCPON and learn first-hand how much he really cares for the enlisted personnel in the Navy.

Chief Select Machinist's Mate Arturo B. Alvarez Jr. recalled what it meant for him and the other chief selects to meet West on Thursday.

"We shook his hand," Alvarez said. "He came on board and did his walkthrough. He was really personable. He'll call you out by your name if he remembers you from his previous command."

Alvarez said he thinks it's remarkable that some one as high up in the Navy as West remembers junior Sailors that he has met throughout his career.

"I met him on my last ship, the USS Ronald Reagan," Alvarez said. "We had lunch with him. We weren't scheduled. He just stopped by, sat down and said, what's going on, guys?"

On Friday West relaxed the approximately 900 Sailors in attendance by making light of a shipmate's mother, who wanted the MCPON to hug her son for her. He

STORY CONTINUED ON PG. 3

## FEATURES

From the Desk of the CO	Pg. 2
From the Deckplates with the CMC	Pg. 3
From the Ombudsmen	Pg. 4
Advancement	Pg. 4
Bravo Zulu!	Pg. 5
CNO Safety Award	Pg. 6
Any Day on the Cable	Pg. 7
From The Family Readiness Group	Pg. 8

## TRIVIA

What was the name of the first US submarine tender?

*Answer on Pg. 6*



*SANTA RITA, Guam (August 19, 2010) - Master Chief Petty Officer of the Navy Rick D. West talks to the chief petty officers and chief petty officer selectees of USS Frank Cable (AS 40). U.S. Navy photo by Mass Communication Specialist Seaman Corey Hensley.*

# From the Desk

*Of the Commanding Officer*



## *Hafa Adai USS Frank Cable Sailors & Families,*

After almost a year of maintenance the Frank Cable is ready to go back to sea. After testing a few final components in the Engine room, the ship will go on sea trials, and then return to Polaris point for the first time since April. We will then commence a period of

training to prepare us for deployment throughout the Western Pacific. The long term plan is for the ship to go to sea once every quarter for about three weeks to tend a submarine in a foreign port. There we will provide the submarine and her crew various services, conduct maintenance, and enable our hard working Sailors to enjoy some overseas liberty. We are all looking forward to getting the ship back to its normal operating status. The good news is that all the hard work that the military and civilian mariner crew has put into the Frank Cable over the last 11 months has resulted in a significant improvement in material condition.

The Repair department and every other department that provides direct support to the Repair department have also accomplished a great deal in the last three months. At one point there were five submarines in Apra Harbor receiving critical maintenance support from our tremendous maintenance team. Three of them were home ported submarines, who were all in maintenance upkeeps at

the same time. This has been one of the busiest times in Frank Cable history, and your sailors have done a tremendous job meeting this challenge. Their hard work and dedication has directly contributed to the readiness of our forward deployed submarine force. As a reward for everyone's hard work, the crew will get a break over the next few weeks to prepare for the next major submarine maintenance availability.

Our Ombudsmen team has been doing a great job keeping everyone informed and being the critical communications link between the ship and our Frank Cable families. Unfortunately, next spring we will have to bid farewell to two of our three ombudsmen. This means that we have begun the search for a new Frank Cable spouse who would like to take on this challenging role. If you are interested in becoming an Ombudsman, you can get more information at [www.nffsp.org](http://www.nffsp.org). You can also call any of our ombudsmen, Jacqueline Braunesreither, Heather Moran, or Danielle Roest at 678-7052, 688-7584 or 687-1644. You can also e-mail them at [cableomb@yahoo.com](mailto:cableomb@yahoo.com).

Thanks for your continued support of our Frank Cable sailors which contributes greatly to the success of our mission that is vital to our national security.

CAPT Tom Stanley

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### **“DITTY BAG”**

Ditty bag (or box) was originally called "ditto bag" because it contained at least two of everything: two needles, two spools of thread, two buttons, etc. With the passing of years, the "ditto" was dropped in favor of "ditty" and remains so today. Before World War I, the Navy issued ditty boxes made of wood and styled after foot lockers. These carried the personal gear and some clothes of the Sailor.

# From the Deckplates

*With the Command Master Chief*



## *Greetings Frank Cable Sailors, Families and Friends,*

As the summer comes to a close and the children are back in school, Frank Cable is making preparations for going back out to sea to take advantage of a few rare opportunities to exercise our Mission Capabilities away from home port. Our Military Sealift Command (MSC) Shipmates have

done an excellent job in managing the installation of several major material upgrades that will enhance the ship's engineering plant and navigation capability. The crew is looking forward to this opportunity to re-establish proficiency operating the ship away from homeport and exercising the major systems and equipment needed to bring a submarine alongside. By the end of September Frank Cable will return to Polaris Point to our normal mooring position. This will re-connect the ship with our

shore facilities and significantly improve the efficiency of our Repair Mission.

Along with a lot of hard work we will have a few opportunities to relax and have some fun. The Island's 235th Navy Ball is scheduled for Saturday October 9<sup>th</sup> at Leo Palace. Tickets are for sale in the MWR office on the ship, but they are limited. Frank Cable received a total of 150 tickets. Purchase yours early to ensure you get in on the festivities. Also, reserve a spot on your calendar for the ship's Holiday Party on December 17<sup>th</sup>. There will be good food, entertainment, door prizes and great company. More information will be available soon. We have scheduled the Holiday Party between the two holiday leave periods to ensure the maximum number of people have an opportunity to attend. Hope to see you there.

As always I am proud of the Frank Cable crew, their professionalism, accomplishments and dedication to mission completion. The Crew would not be successful without your love and support. I look forward to seeing all of you at Navy Ball and our Command Holiday Party.

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"MCPON VISIT" CONTINUED FROM PG. 1

then proceeded to thank Joint Region Marianas Regional Command Master Chief Paul Kingsbury for his hospitality. West even made a joke about the probability of being unable to close his suitcase when he checks out of his hotel.

"He's a funny guy," Alvarez said. "He knows how to talk and handle a crowd well. Everyone respects the MCPON, but the way he presents it, has a humor to it, and a smile that makes you want to laugh as well."

During the brief, Sailors stationed here got a chance to ask West questions ranging from uniform changes to the MSC conversion. One Sailor was lucky enough to receive the MCPON's coin for being the first one to ask a question. Alvarez expressed his disappointment at being unable to get one.

"I'm still trying to get one of his coins," he said. "I can't get it, but I have to come up with a good question for him the next time I see him."

During the all-hands brief, West first called

attention to the green camouflage uniform he was wearing, the Navy Working Uniform (NWU) Type III. West informed Sailors that the NWU Type III would not be replacing the current blue and grey NWU Type I. According to Navy.Mil, the Type III would instead replace the existing tri-colored woodland camouflage utility uniform if conformance testing goes well.

West also addressed Sailors' complaints and concerns about the NWU Type I, telling the crowd that their feedback wasn't going unnoticed.

"He cares about what input you have," Alvarez said. "If you say something worthy, he takes a note on it. I'm excited that person is in charge of us."

Frank Cable is currently undergoing upgrades at Guam Shipyard for integration of Military Sealift Command (MSC) personnel.





# Ombudsman



With typhoon season upon us we want you to be prepared. Last month we gave you information on typhoon preparedness. This newsletter we would like to give you some information to help during and after the storm.

## Warning Systems and Codes

The National Weather Service and the Joint Typhoon Warning Center use satellites, reconnaissance planes, radar, and typhoon models to evaluate the potential for a tropical depression or storm to grow into a typhoon. The National Weather Service, NOAA, Weather Radio, and your local weather and news stations are the best sources for current storm information. The USS Frank Cable care line, 343-CARE, will be updated regularly with weather information as conditions change. Listen for the following TCOR tropical conditions of readiness during tropical storm watches and warnings:

**Tropical Storm Watch** - Conditions are possible for the formation of a tropical storm in the geographical area of the watch. It is usually issued for a 36-hour period.

**Tropical Storm Warning** Tropical storm conditions are expected within the area of the warning, usually within 24 hours.

**Typhoon Condition 3** A typhoon's arrival is possible within 36 to 24 hours. You should take this time to prepare and stock up on perishable supplies.

**Typhoon Condition 2** A typhoon's arrival is expected within 24 hours. Be sure you have completed your Disaster Preparedness Plan.

**Typhoon Condition 1** - A typhoon is 12 hours away or is on location.

Guam is ALWAYS in **Typhoon Condition 4**, meaning there is always the possibility of a storm reaching Guam within 48 hours. These are also known as **TCOR**, which you will see posted at the gates on Base.

## After the Storm

- Listen to the radio or local news.
- Wait until the area has been declared safe to return if you have evacuated.
- Avoid bridges and washed out roads.
- Avoid moving water that's more than 6 inches deep due to the risk of being swept away.
- Avoid standing water as downed power lines may have it electrically charged.
- Check utilities before you use them in case they were damaged.
- Do not drink tap water until it has been checked for bacteria.
- Don't use the telephone unless it's an emergency.

After the storm is over, check for broken glass, fallen trees, and downed power lines which may present safety hazards near children's school bus stops, outdoor trash areas, around your car, etc. When the storm has completely passed and the danger is gone, evaluate how your family handled this emergency and update your Family Disaster Plan so you'll be more prepared for the next storm.

During and/or following an emergency, you are required to report your status with your command to ensure all members of the Navy family are accounted for. As your Ombudsman, we will disperse the number for all families to call when/if a typhoon should arise. This number will be a "check in" for those family members here on Island. Remember, no matter where your sailor is, on island or out to sea, you will need to call and check in.

Once checked in, assess damages and take pictures of all damage if possible. Start cleaning inside and work your way out. We hope this will help you when/if we have a typhoon in Guam. Please feel free to contact us if you have any questions. If you would like to be updated about the weather and possible upcoming storms please email us at [cableomb@yahoo.com](mailto: cableomb@yahoo.com) and ask to be added to our email list.

Thank you,  
Your command Ombudsmen:  
Jacqueline, Heather, and Danielle

For additional information contact your Command Ombudsman at [www.cableomb@yahoo.com](http://www.cableomb@yahoo.com) or you may contact them at the following numbers:

**Jacqueline Braunesreither 678-0752 | Heather Moran 688-7584 | Danielle Roest 687-1644**

# Bravo Zulu!

## Navy & Marine Corps Commendation Medal



LCDR Jones  
LT Grinsteinner  
LTJG Blevins

MMCS Pollock  
DCC Doyle  
MMC Wilkerson

MMC Thorp  
NCC Verley  
YN1 Grenion

LN1 Duncan  
HT3 Grossmann  
LSC Bautista

ITCS Hadus  
ENC Ray  
PS1 Caballero

## Navy & Marine Corps Achievement Medal



HT1 Brann  
LS1 Fridia  
SHSN Arthur  
MM2 Talamas  
HT3 Conley  
EN2 Harvey  
LS3 Nwankwo  
ITC Jones  
LS3 Lin  
HT2 Norris  
EM3 Chaney  
LS1 Atos  
LS3 Stevens  
SH1 Johnson  
HT1 Rossetto  
HT3 Wells  
HT1 Edwards

LS3 Shine  
MR1 Reyes  
LS2 Laurensik  
DC2 Smith  
EM2 Goboy  
HT2 Keelin  
PS2 Espejo  
MM2 Lumbang  
LSSN Johnson  
MM1 Sigmon  
QM3 Morris  
ET1 Miller  
MM2 Barsh  
MM2 Hillin  
IT2 Gurganious  
LS3 Gear  
BM1 Koirala

HT2 Cook  
MM2 Jackson  
PS2 Butler  
EM3 Marquez  
EN1 Ball  
LSC Bulanadi  
LS2 Tidwell  
EM2 Harper  
MM1 Dirato  
BM3 Emmons  
HM3 Stone  
GM3 Chagnon  
LTJG Sly  
MM3 Mccann  
GM3 Addario  
DC1 Grau  
LS2 Agulto

SH3 Zibrowski  
LS3 Matamoros  
EM3 Ruizacosta  
PS2 Dennis  
IT3 Cooper  
SN Aristil  
EM3 Outlaw  
DCFN Ioane  
LS3 Marzo  
GM2 Frantz  
EM1 Luzano  
HT3 Salvador  
CS2 Yamzon  
CS2 Morante  
LS3 Postigo  
HT3 Figueroa  
MM3 Cotton

HT1 Hendricks  
MM3 Brodie  
DC1 Coumbe  
MM1 James  
MM1 Simms  
EM3 Chavez  
SH3 Chen  
GM2 Warner  
MM2 Gimenez  
IT3 Bilodeau  
GM3 Billings  
HT2 Bell  
MM3 Dorman  
GM2 Tipps  
MM2 Smith

## Newest Surface Warfare Officers



LT Tiner

## Newest Chief Petty Officers

MMC Alvarez  
HTC Armstrong  
ETC Bute  
HMC Byfield  
LSC Fridia



LSC Spaulding  
NDC Strautman  
HTC Sumner  
STSC Szymczak  
MMC Valencia

## Newest Surface Warriors



STSC(SW) Viall  
FTC(SW) Dolley  
EM1(SW) Auffurth  
EM1(SW) Dao  
HT2(SW) Shivelybigg  
HT2(SW) Keelin  
HT2(SW) Conrad

MM2(SW) Rubio  
MA3(SW) Taylor  
EN3(SW) Daniels  
MM3(SW) Green  
DCFN(SW) Ioane  
DC3(SW) Charlton  
MMFN(SW) Owen

EM3(SW) Outlaw  
LS3(SW) White  
LS3(SW) Matamoros  
EM3(SW) Ruiz  
DCFN(SW) Barton  
GM2(SW) Frantz  
LS2(SW) Diaz

EMFN(SW) Fruen  
EMFN(SW) Farin  
EMFN(SW) Edinger  
GM2(SW) Warner  
HT3(SW) Hohli  
ET3(SW) Kilpela  
SN(SW) Richardson

SN(SW) Kelly  
PSSN Gardner  
MC2(SW) Tonacchio  
LS2(SW) Thomas  
ET3(SW) Enterline  
ET3(SW) Pavelka  
ET3(SW) Molitor

# Frank Cable Wins Safety Award

Story and photo by Mass Communication Specialist 2nd Class (AW) David R. Krigbaum



*USS Frank Cable (AS 40) Sailor Lt. Cmdr. Scott Greenstein accepts the Chief of Naval Operations (CNO) Afloat Safety Award which was presented by Rear Adm. Paul Bushong, Commander Joint Region Marianas, during an all hands call on the pier. US Navy photo by Mass Communications Specialist 3rd Class Anna L. Arndt.*

**SANTA RITA, GUAM (August 5, 2010)** Safety is everyone's business and on USS Frank Cable (AS 40) business is good. So good, in fact, that Frank Cable earned it's second consecutive CNO Afloat Safety Award for the category of Military Sealift Command, Auxiliary -Special Mission.

Rear Admiral Paul Bushong, Commander Joint Region Marianas presented the award to Frank Cable's Commanding Officer Captain Tom Stanley in a ceremony at the Guam Shipyard August 5<sup>th</sup>.

Besides the award another tangible benefit of the Cable's safety program is that the ship has not had a Class A or B occupational mishap in 2009.

"People expect to go to work and to come home in the same condition they went to work in. That's accomplished through safety," says Lieutenant Commander Scott Greenstein, USS Frank Cable's Safety Officer. Greenstein attributes the award to the team effort of divisional safety petty officers, a robust safety program and

proper hazardous material handling.

During the presentation ceremony, Admiral Bushong spoke of Frank Cable's excellent safety record in 2009 and let the crew know that they were an integral part of that record.

"Even if you have the best safety department in the world you can't get an award like this without having the hard work of the entire crew to back it up."

After the Admiral spoke Captain Stanley addressed the crew with praise and a few thoughts on the award.

"It's not about awards, I also want to get through 2010 without any mishaps and without any injury to our shipmates."

The CNO Safety Award is given annually and recognizes outstanding contributions to fleet readiness, efficiency and economical use of resources through safety. Selected ships must also have aggressive safety programs that contribute significantly to mishap prevention. USS Frank Cable is currently in the Guam Shipyard undergoing upgrades to integrate MSC personnel.



*Photo from US Naval History and Heritage Command*

Trivia answer: USS Fulton (AS-1)



# Any Day on the Cable



**Liberation Day Parade**

Photo by MCSN(SW) Trevor Welsh



**Navy Cash**

Photo by MC2(AW) David R. Krigbaum



**Refuge Community Relation**

Photo by MC3 Anna Arndt



**Women's Equality Day**

Photo by MC2(AW) David R. Krigbaum



**Heritage Run**

Photo by MC1 Eric Dehm



**Chief Pinning**

Photo by MCC (SW/AW) Jennifer Walker

## *A Word From The Frank Cable Family Readiness Group*

Hello USS Frank Cable family,

We hope that everyone has had a great summer. Now that everyone is back on island we would like to start things up again with the FRG. We have some fun events planned for you and your family.

First we would like to start by saying thank you to everyone who participated in the 4th of July parade down to Sumay Cove. We had a great time and the kids had fun decorating their bikes and wagons.

We have made some changes to the monthly meeting with hopes that the meetings will become more productive and take up less of your time. It is still being held the 2nd Tuesday of each month from 6-7 pm at the main chapel on Big Navy. There will no longer be a pot luck dinner, no childcare will be provided and we ask that no children attend the meeting. As a result of these changes, we hope to have a more efficient and quick meeting. The dates for the upcoming meetings for the rest of the year are as follows: Sept 14th, Oct 12th, Nov 9th and Dec 14th.

Our monthly luncheon will be held the last Thursday of each month at 11am. We will meet at a different restaurant each month. Children are welcome. Please check our website ([www.cablefrg.yuku.com](http://www.cablefrg.yuku.com)) for the

location and to RSVP. Mark the following lunch dates on your calendar: Sept 30th, Oct 28th, no lunch in Nov due to Thanksgiving and Dec 30th.

A playgroup for the 5 and under crowd will be starting up the 1st and 3rd Tuesday of each month at 10 am at varying locations. Please check our website ([www.cablefrg.yuku.com](http://www.cablefrg.yuku.com)) for the location. The playgroup dates are as follows: Sept 7th & 21st, Oct 5th & 19th, Nov 2th & 16th and Dec 7th. There will be no playgroup on Dec 21.

On Friday October 22nd we are having a bowling day starting at 11am at Orote Point Lanes. The children can wear their Halloween costumes to bowl in. This is a family event so please no drop offs. Each family will pay for their own activities. We will be handing out treats for the children.

If you have any suggestions for events or would like to join our social roster please email us at [cablefrg@gmail.com](mailto:cablefrg@gmail.com). Don't forget to join our website at [www.cablefrg.yuku.com](http://www.cablefrg.yuku.com). We are looking forward to seeing you and your family in the near future.

# Tender Times

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*The Tender Times* is an authorized, unofficial publication for the crew and the family of USS FRANK CABLE (AS 40). The newsletter content is provided, prepared, and edited by FRANK CABLE personnel and does not necessarily reflect the official views of, or endorsement by the U.S. Government, Department of the Defense, or Department of the Navy.

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